

June Activities - Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

UrbanaSeniorCenter@FrederickCountyMD.gov 301-600-7020

www.FrederickCountyMD.gov/aging Facebook: [Urbana Senior Center – Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Activities are subject to change.</p>			<p>1 9:30 Strength Training 9:30 Color This 10:00 Tech Thursday 10:45 Daily Exercise 1:00 Cards and Games 1:30 *Line Dancing</p>
<p>5 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub 1:15 Book Club</p>	<p>6 10:00 *English Conversation 10:30-12:30 Meet Monica 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class Center closes at 4:30 p.m. 5:00 *Supper Club: Kittiwat Thai Restaurant</p>	<p>7 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 *Artful Creations:</p> <p>Henna Party</p> 	<p>8 Center is Closed</p> <p>All Frederick County Senior Centers will be closed for staff training</p>
<p>12 Nutrition Minute "10 Healthy Ways to Cook Fruits & Vegetables" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Teens Teach Tech Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub</p>	<p>13 Nutrition Minute "10 Healthy Ways to Cook Fruits & Vegetables" Trip registration begins at 9:00 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Dinner 6:30 Cards and Games</p>	<p>14 Nutrition Minute "10 Healthy Ways to Cook Fruits & Vegetables" 10:45 Daily Exercise 11:30 MAP: Why Laughing Matters 12:30 *English Class 12:30 *Yoga Class 1:00 Cards/Games 1:00 Wii Games</p>	<p>15 Nutrition Minute "10 Healthy Ways to Cook Fruits & Vegetables" 9:30 Strength Training 9:30 Color This 10:00 Tech Thursday 10:45 Daily Exercise 1:00 Cards and Games 1:30 *Line Dancing</p>
<p>19 Health Education 101 "Skin Cancer Prevention" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi Closing 2:00 p.m. staff meeting</p>	<p>20 Health Education 101 "Skin Cancer Prevention" 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Dinner 6:30 Inside Scoop: Cybersecurity</p>	<p>21 Health Education 101 "Skin Cancer Prevention" 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 Movie Matinee: "Yankee Doodle Dandy"</p>	<p>22 Health Education 101 "Skin Cancer Prevention" 9:30 Strength Training 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:30 *Line Dancing</p>
<p>26 10:00 *AARP Driving Class 11:30 Teens Teach Tech Noon *Basic Tai Chi 1:00 *Advanced Tai Chi</p>	<p>27 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 *Dinner 6:30 Cards and Games</p>	<p>28 10:45 Daily Exercise Noon *Lunch & BINGO</p> 	<p>29 9:30 Strength Training 9:30 Color This 10:00 Tech Thursday 10:45 Daily Exercise 1:00 Cards and Games 1:30 *Line Dancing Closing 2:00 p.m. staff meeting</p>

(see other side for program highlights)